









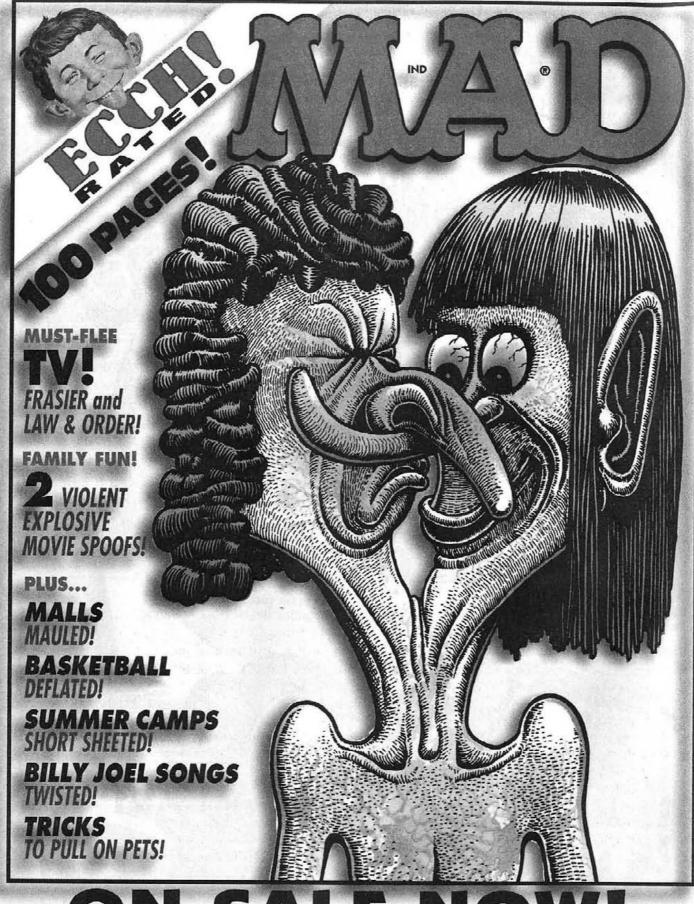
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FRONT COVER ARTIST: MORT DRUCKER BACK COVER WRITER: J. PRETE

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ON SALE NOW!



Editor's Note

this issue.

Due to unprecedented demand, the discontinued feature called Editor's Note returns with

- The Editors

Kansas City Chiefs Mathematically Eliminated From 1999 Playoff Contention

Heterosexual White Guy Pride Day

> Tomorrow Officially / Begins, Midnight Tonight

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51 shopping days til October 9

Imbecile's Thanksgiving

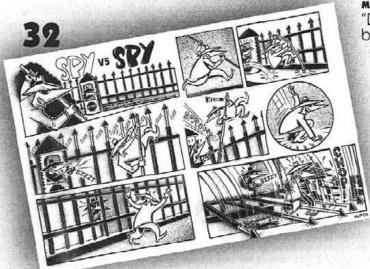
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GRIEVING LAS VEGAS DEPARTMENT: MAD's Celebrity Cause-of-Death Betting Odds

MARGINAL THINKING DEPARTMENT:



"On their deathbed, no one ever wished they had spent more time at the office — or on their deathbed, for that matter!"









CORRECTION!

Thanks to all of our readers who wrote in asking who the writer and artist for "Monroe and... Las Vegas Part I" were in MAD #381. Well, let's see, nimrods, since every freakin' episode of Monroe in

its two-year history has been written by Anthony Barbieri and drawn by Bill Wray, we're going to bet the farm that Tony B. and Billy W. are the culprits! Then again, since no one did write in, our little rant here is pretty much a moot point anyway!

ATTENTION! CD-ROM ALERT

As we mentioned in the Letters and Tomatoes Dept. in MAD #381, a new CD-Rom box set (appropriately titled Totally MAD) is scheduled to arrive in stores this Fall. This set will include every issue of MAD, material from Super Specials and other fun garbage! If you would like electronic updates on the project, send your E-mail address to:

TotallyMADinfo@Learningco.com. DO NOT send your address to MAD!

At Ease!

Make A Dumb Wish Foundation™

I'd like to make a dumb wish in hopes that I will get some kind of response. I'm in eighth grade now. Back in sixth grade I liked a girl named Kathryn. She hated me and she still does. I had a crush on her for a couple of years. I thought of liking a different girl, but no girl interested me the way Kathryn did. I looked around for somebody else to like, but nobody could replace her. Kathryn was just too nice (even though she hated me). Then in December of 1998 a sequence of events occurred that led me to a very pretty and very sweet girl named Kristin. She just happened to be Kathryn's twin sister. She hates me too. My dumb wish is that you print my story in your magazine because I'm just stupid that way.

Martin Nguyen, Address withheld upon request

Marty - We love these kinds of letters at Make A Danb Wish Joundation M. Quick and easy to fulfill and dumb! We can knock off early and beat the crowds to happy hour at the tanning salon! We hope that by publishing your letter and making your dumb wish come true, Kathryn and Kristin will see you in an entirely different light. If this happens with you and the twins, we suspect the next letter you'll be writing will be to Penthouse and not MAD! Keep us up to date! —Ed.

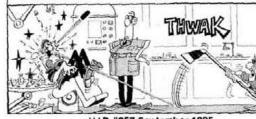
14 YEARS AGO IN MAD

This one pager was selected in honor of the greatest drooling goon who decided to hang up the skates and sniff the fumes from the Zamboni never more!

ONE DARK AFTERNOON IN EDMONTON







MAD #257 September 1985





I live in Singapore where MAD costs almost \$8 per issue. That's about U.S. \$5 per copy. Therefore I make a humble submission to your MAD Celebrity Snaps in a hope for a free subscription. Not many celebs who come by Singapore are sporting enough to pose with an issue of MAD. An exception was American cellist Yo Yo Ma. The issue in question featured a cover about yo-yo's. Yo-Yo MAD, get it? Maestro Ma seriously doubts whether he is considered a ccleb in your eyes but I know you know your celebrities. He asked me whether I actually read the stuff you print and when I told him I had a big stash in my bathroom, he

Tou-Liang Chang, Singapore

Tou-Liang — O.K., O.K. you'll get your free three-year subscription! Not so much for the MAD Yo-Yo Ma thing, but because we don't want you running out of paper in your bathroom (just always remember to remove the staples first)! You follow? -Ed.

P.S. Whatever happened to that American kid that got caned a while back? Is it true he's getting his own sitcom on FOX?

FAX MAD At (212) 506-4848



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THE MAD WEB SITE! http://www.madmag.com

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AID

TREBEK TO THE FUTURE

Writer Charlie Richards and artist David O'Keefe are comedy geniuses. "11 Ways Jeopardy Contestants Can Really Piss Off Alex Trebek" (Issue #380) was the best I have ever read from MAD. I've read it through several times and always cracked up! Also, O'Keefe's drawings of the contestants were really funny looking. I just hope Alex Trebek is not offended by this article.

P.C.W., Honolulu, HI

P — Offended? Au Contraire. Mon Frere! You must be sipping some potent potables! if you were a true fan of Alex Trebek (a Trebekkie), then you would know that the Trebekster would love our little treatise! Read on...

March 29, 1999 MAD

Dept. 380 1700 Broadway New York, NY 10019 To the editorial staff:

Wow! Alfred and Alex on the same cover. I LOVED it! I read the spoof and found it very funny, especially when I think of what you could have done to me!

Hope you keep watching for more of my pecadillos, and for what we've got planned

Sincerely,

The Answer is: It is the most unexpected letter and photo we received this month.

The Question is: What is this missive and photo from Alex Trebek!

Coming next month! Another MAD Exclusive! It's the return of our legendary Two-Question Interview, this time featuring Alex Trebek!



KING WORLD

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founder

Jenette Kahn

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the usual gang of idiots

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IT WAS "THE BEST OF" TIME...

Hey, you probably thought we forgot to print this year's readers choice for the best articles of 1998. We would have put it in sooner, but we were waiting for the shipment of Y2K compatible typewriters to be delivered! This year's list comes courtesy of Jonathan Gratzer from Ontario, Canada!

Best Movie Satire: Ahm-a-Gettin' (The Hell Outta Here) (#375)

Best TV Satire: Just Spoof Me (#372)

Best Article: Old Sportsmanship Vs. New Sportsmanship (#373)

Best Satire of a Movie that Deserved It: Ecch Files: Fight This Feature (#374)

Best Satire of a TV Show That Deserved It: Everybody Loathes Raymud (#372)

Best Lighter Side of: (#374)

Best Spy Vs. Spy: (#370)

Best Tales From the Duck Side: The Daredevil's Advocate (#371)

Best Cover: Armageddon (#373)

Best Back Cover: Cigar Addictionado Magazine (#370)

Best Fold-In: Calvin Klein (#373)

Best Alfred E. Neuman Quote: (#373)

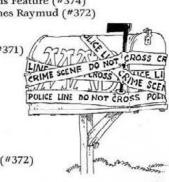
Best Melvin and Jenkins: Guide to Party Going (#373)

Best Monroe: Summer Camp Job II (#371)

Best Aragones MAD Look At: The Boss (#373) Best Super Special: Super Sized MAD (#129)

Best Celebrity Cause-of-Death Betting Odds: Jerry Springer (#372)

Best Overall Issue: (#373)





What happens when you mix the old west of the 1860s with modern technology, weird characters, wild special effects and top name talent? Actually, not all that much, as you'll find out in...

f the araclent?

I may look like President
Grant, but I'm actually
Artymess Garden, master of
disguise and creative inventor! I invented the combination corkscrew/hay baler/
violin! Now if I could invent
a USE for this three-in-one
masterpiece, I'd REALLY have
something! I'm dressed as
President Grant, so a crackpot will shoot me instead of
the real President! Clever...?
Maybe! Brilliant...? Possibly!
Stupid...? Definitely!

I'm Dr. Artless Lovelice!
I'm half-man, half-wheelchair and complete lunatic!
I have a diabolical plan to
force President Grant to turn
the United States over to me!
To compel him to do it, I've
captured the world's top
scientific brains! Although,
if they were REALLY the top
scientific brains, they
probably should have escaped
the prison I've trapped them
in by now! It's just a room
with an unlocked door!

I'm the real President Grant! If Dr.
Lovelice thinks I'll turn the United States over to him so he can exploit the citizens and run the country into the ground, he's nuts! Exploiting the citizens and running the country into the ground is the job of the President of the United States, and no one else!

I'm Special Agent Waste!
I'm a tall, handsome, SBM
ISO SBF — oops, sorry!
just almost invented the
country's first "personals
ad"! This role is important
to my career because it
gives me the chance to
stretch! In Men in Black |
played a law officer who
deals with weird aliens!
But in this totally
different picture, !
play a law officer who
deals with weird humans!



MAILD MESS

I'm professor Tedious
Mortician, one of M.I.T.'s
head professors! When
Artymess Garden said he
wanted to pick my brain for
information, I had no idea
he was going to throw the
rest of me away! He needed
to know where Dr. Lovelice
was having this elaborate
costume party, and I was
able to tell him about this
secret mansion! I only wish
had worn something unique,
so people would notice me!

I'm MunitionsI
I'm in charge
of explosives
for Doctor
LoveliceI
I've got a
pair of
thirty-eights
in my blouse
that'll
leave a man
begging! I
also have
a pair
of handguns!

I'm OverHearer! |
overhear conversations at 30 paces
because I can read
lips! Then I relay
what I've heard
directly onto Dr.
Lovelice's lips!
But I don't think
he listens well!
Sometimes he makes
me hold my lips
against his and
repeat stuff over
and over again!

I'm General McRathl I've got a horn for an ear, a wooden pole for a leg, and a pain in the ass for a wife, but that's a whole other story! No general has ever been better at leading his men into battle than !! Problem is, I never seem to be able to lead any one of them OUT alive! Yet my men admire my military skills so much, they've given me an affectionate nickname: "Suicide Mission" McRath!

I'm Needa Candybar!
I was hired as one
of the entertainers,
but I'm really here
to find my father,
one of the abducted
scientists! He's a
brilliant man, doing
quite a few experiments in aerodynamics! Thanks to his
research, I was the
first girl to wear
these cute little
spinning propellers!



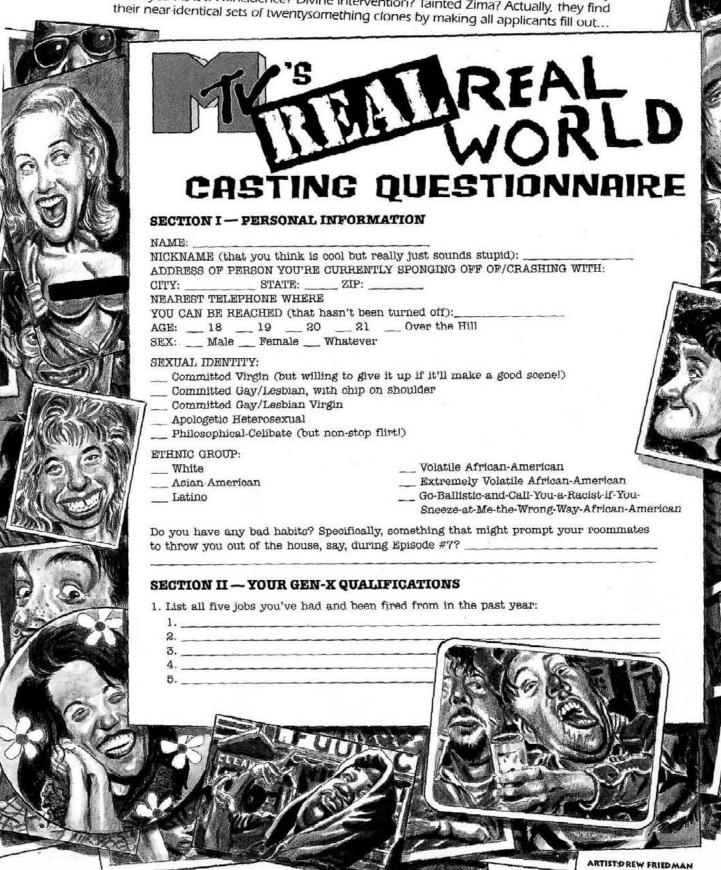








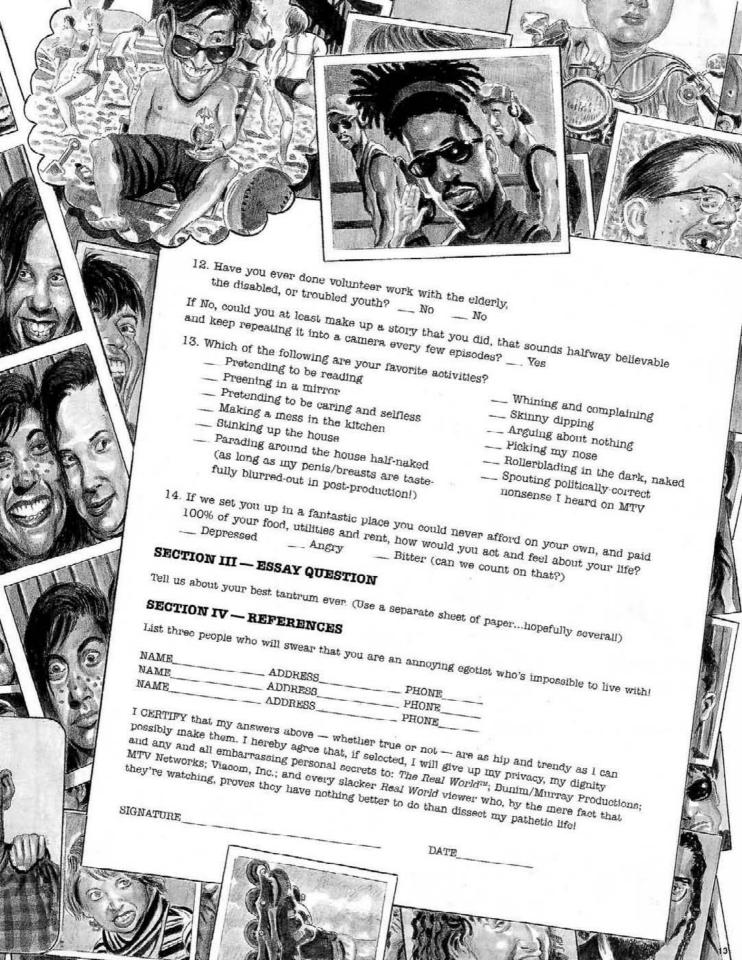
Each year, MTV brings a different group of seven strangers together and gives them a place to live in exchange for allowing their lives to be broadcast on national TV. Odd thing is, the group from one year pretty much looks like the group from any other year! Is it a coincidence? Divine intervention? Tainted Zima? Actually, they find their near-identical sets of twenty-something clones by making all the strangers.

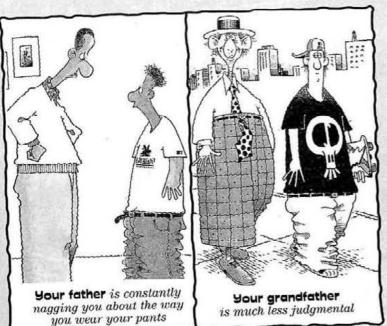


WRITER: MIKE SNIDER 11



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Participation of the Participa	
	2. What is your long-term career goal (i.e. by this time next year):
	Independent Filmmaker Hip-Hop Superstar
	Computer Billionaire Oscar-winning Actress
	Website Designer Full-Time Slacker
V	3. Which of the following are essential elements to your idea of a quiet evening at home?
	Six other roommates wandering in and out
	25,000-watts of stage lighting
	TV cameras and boom microphones everywhere
	A dozen bored crewmen milling around
MINUNE	Millions of MTV viewers watching in later
F	4. Have you ever had a one-night stand with a roommate, then gone completely
	psycho on them the next day? Yes No
	If no, would you like to? Yes No
	5. Which music group/artist do you love?
	6. Which music group/artist do you hate?
	(so we can pair you up with a roommate who loves them!)
	7. If you're currently doing something important like going to medical school or law school,
4	or are involved in a very serious romantic relationship, would you be willing to jeopardize
	all that by abruptly relocating to another city - just for a few months of fame?
	Yes Most definitely Of course
ME	
	8. Who is the Most Important Person in your life?
Mars In	Me Myself I
	9. In the World?
	Me Myself I
	10. Are you a vegetarian who considers people who eat meat to be murderers
	(and doesn't mind telling them!)
(0)	OR
1	Are you a meat-eater who considers vegetarians to be self-righteous tree-huggers
14	(and doesn't mind telling them!)
14-3	The first one The second one
(A) A	11. Do you drink alcohol? If so, what kind of drunk are you? The funny kind The sad kind
CON	The kind who gets really nasty and starts slapping the female roommates
	around so badly you'd have to stop taping and call in the MTV lawyers!
	eroung so pantly log a nave to such tability and can it the mr. A tambers.
116	
- 111	
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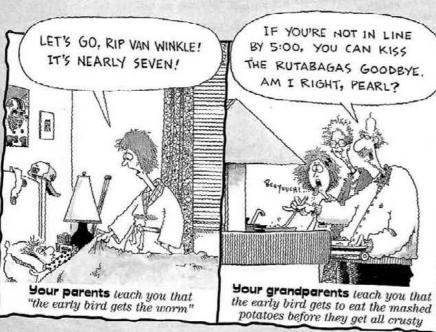






When you think of parents do the words "strict," "not fun" and "spankings" spring to mind? Conversely, when you think of grandparents do "no rules." "toys whenever you want them" and "lots of laughs" ring a bell? Yes, you know how deadly hanging out with mom and dad can be, and how much fun hanging out with the over-70 crowd is! But because we like to belabor the obvious and we needed to fill two pages, here's...

THE BASIC DIFFERENCES BETWEEN PARENTS







Your mother sometimes locks her keys in the car



GRANDPARENTS



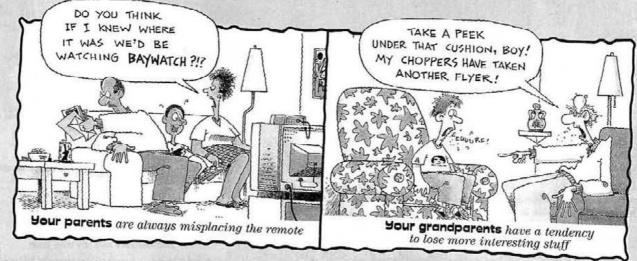


Your mother bores you with a twenty-minute lecture about your piercings

OKINAWA, 1951... I'M
GASSED TO THE RAFTERS...
THE M.P.'S GOT THE JOINT
SURROUNDED, AND THIS LITTLE
GEISHA IS GIVIN' ME
THE HAIRY ORBS.... NEXT
THING I KNOW....



Your grandfather entertains you with a twenty-minute history of his tattoos





Recently, bookstores across America have seen a huge jump in poetry sales as literary lovers rush to the cash registers. Who is the wordsmith whose strength of meter and metaphor has jump-started this new age of poetic enlightenment? We'll give you a small hint...She's the

same genius who penned the immortal couplet, "Got my eggs, and my pancakes too/Got my maple syrup, everything but you."

So if you think those were bad, wait till

you see which poems didn't even make her book! Here's... if i could tell the world

just one thing. i would

say. "those stupid

grammys are fixed."

those industry fools

can never comprehend

the deep depth of

my deeposity. I have

feelings. i have insight

i have quite a nice

nach. there is poetry

in my words. homomom

that's probably why they

call it "poetry. I sing of

The

Lost

Poetry

JEWEL

People Say My Words Are

People say my words are cliché
But I'll have the last laugh
People say my words are cliché
But what doesn't kill me
makes me stronger
People say my words are cliché
But only time will tell
People say my words are cliché
But it takes one to know one
People say my words are cliché
But honesty is the best policy
People say my words are cliché
But two wrongs don't make a right
People say my words are cliché
But you ain't seen nothing yet



There's No Stopping (The Cretins From Hopping)

ScreamingYellingShoutingSobbing WhyWhyWhyHowHowHowWhen WhenWhenWhenWillMyPersonalA ssistantGetTheStupidSpaceKeyOn MyPCFixedThatBitchIsSoFired

Quatrain Minus One

I Once in a poetry book I saw a poem that was divided into sections

II It made the poem look structured and official And very very important

I didn't really understand what the poem was about But I liked that it was in sections

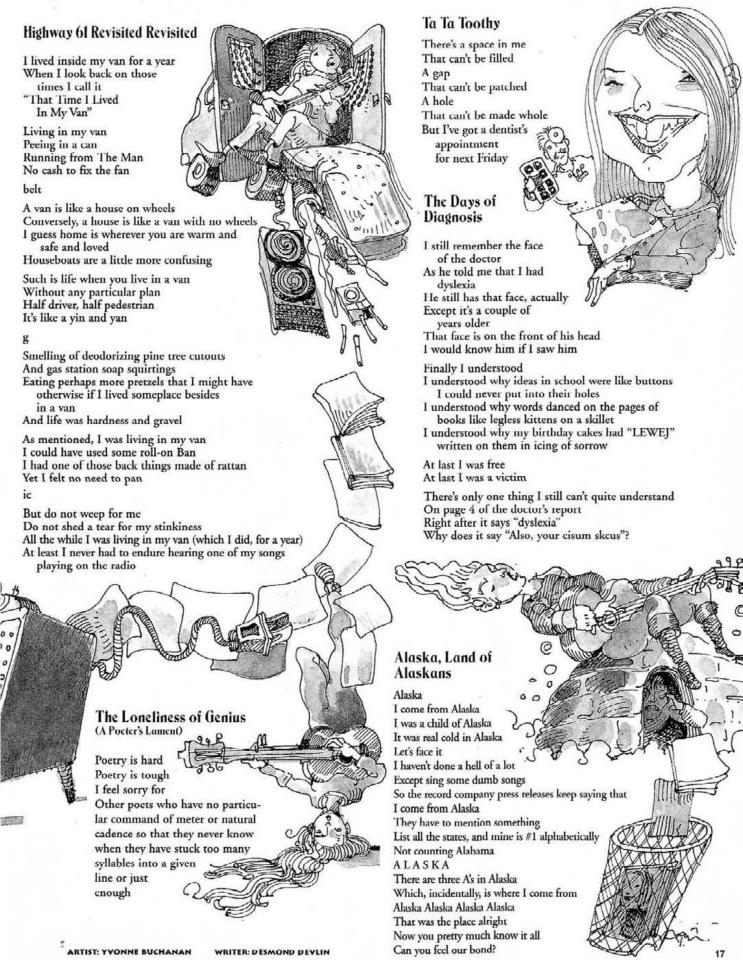
Pink Prison

sing

Sometimes I hate my own flesh
I want to claw at the skin that binds me
I want to blot my milky shoulders
I want to swaddle my belly
I want to spackle my cleavage
I want to wrap myself in velvet sheets
I want to hide myself away in thick
enveloping folds of purple
Then I realize
Unless I flash a little skin
MTV won't play my videos

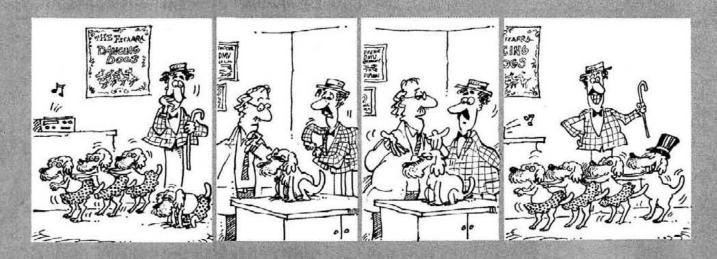
Sometimes I love my own flesh

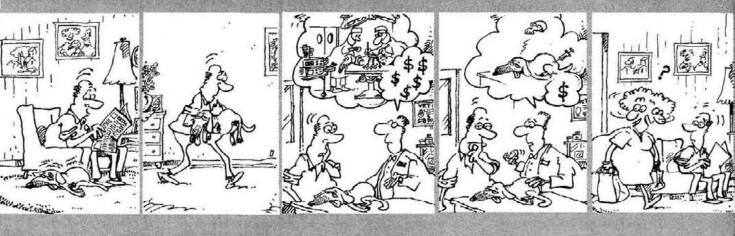
16











AFTIST AND WRITER: SERGIO ARAGONES



















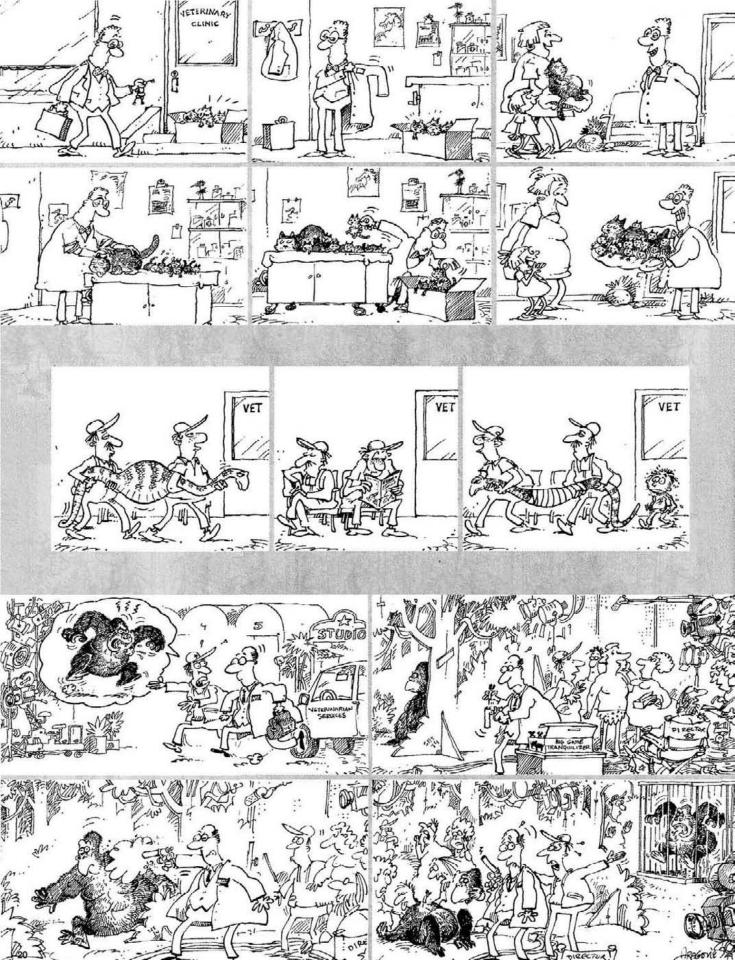


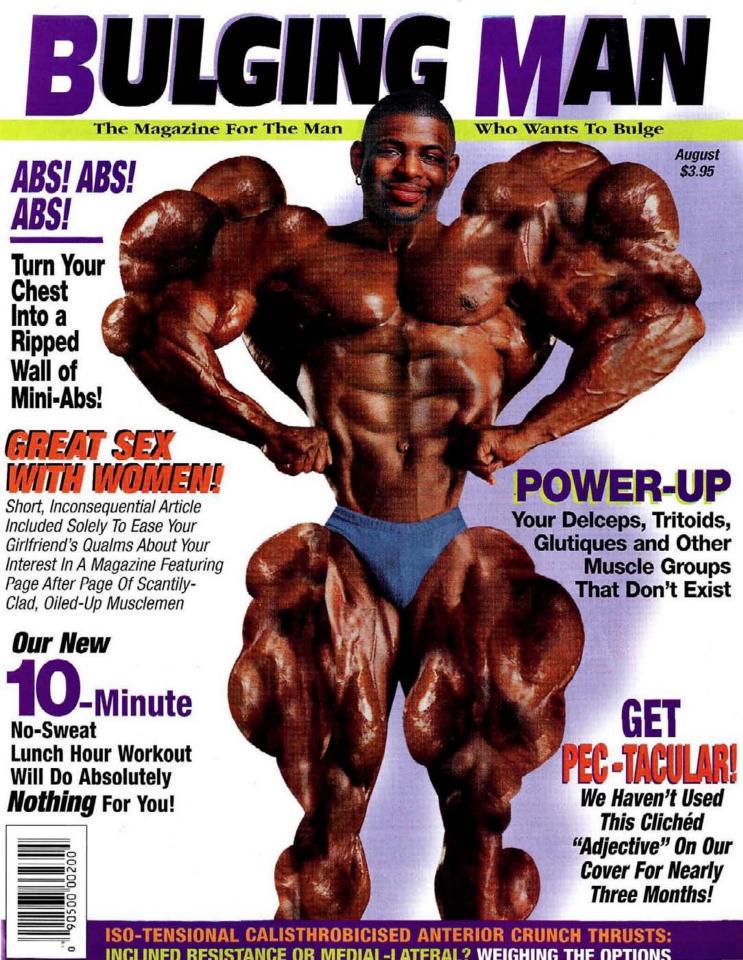












LETTER FROM THE Editor



Positive Self-Image Is Important, Regardless of How It Is Achieved

WHEN I STARTED WEIGHT-TRAINING when I was 16, I never dreamed that I'd ultimately end up winning dozens of bodybuilding and powerlifting titles, finally to "retire" at 30 and begin a lucrative career as the editor of a respected fitness magazine. And it's good I never

dreamed any of Ihal, because none of it happened. Sure, I went to the gym with my buddles when I was in high school. But in college I learned that getting wasted every night on booze and illicit drugs gave me just as much of an inflated self-Image and a chance to score with chicks as working out every day and living a healthy lifestyle.

As I got older, I realized that while all the world loves a fat, rowdy slob of a party guy in college, there's not much of a market for him in the working world. That's when I turned my life around! Backed by my dad's money and business contacts, I ventured into the already-bloated world of publishing fitness magazines. Using the right combination of enthusiastic words and phrases; dubious, repetitive (and offen dangerous) workout routines; and photos of good-looking men who do take care of their bodies, I've hit upon a formula that works. For fellow slobs of Farley-esque proportions, a few issues of my magazine spread out on the coffee table at home gives line impression that you're at least trying to take care of your body. For girlfriends of these guys, we've got lots of pictures of attractive men to peruse and think about later when your beau's making a feeble attempt to implement this issue's "Great Sex" tips on you.

I'll probably never fit into the clothes I was wearing back in high school, or even last month, for that matter. But so what! The inflated ego I experienced in my drug-induced college days has been replaced with something a lot less self-destructive, though possibly even uglier; Selfimportance fueled not by pushing my muscles to the limit at the gym, but by the obscene amount of money I'm making on this magazine.

STEVE GLUTTON

-Editor-in-Chief

BULGING MAN

Steve Glutton

Editor In Charge Of Alliterative Adjectives To Include in Each Month's Abs Workout "Awesome" Albert Abercrombie

Photo Editor In Charge Of Shooting This Month's Workout From Different Angles So Readers Won't Realize It's Identical To Last Month's Workout Robin Schutter

Edilor In Charge Of Writing Poorly-Researched Articles On "Low-Impact Exercises" Which You'll Need To Do Soon After Following Our Even More Poorly-Researched Articles On "Ultimate Hardcore" Workouts Bill Hemorrhage

Editor In Charge Of Finding Recipes In Low-Fat Cookbooks, Slightly Changing Ingredients And Then Renaming The Dishes So We Can Print Them As Our Own **Barry Crocker**

Sales Director In Charge Of Making Sure We Have One Or Two Reputable Products Advertised In Each Issue To Make Our Magazine Appear Slightly Credible, Even Though The Barely-Legal Supplement Ads In The Back Are What Really Bring In The Mone Ralph Hippocritt

Unqualified Individuals Who Claim A Medical Background Simply By Adding A Few Initials After Their Name Who Wo List As "Editorial Advisors" To Impress Our Guilible Readers

Mildred Pyook, VM.I.T., Lunchlady, Parkway Elementary School

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Doug Eyelet, T.O.E., Assistant Manager,
Payless Shoes Factory Outlet, Barstow, CA

Sexuality
Peter Puller, L.E.C.H., Night Manager, Hollywood
24-Hour Adult Book & Video Outlet, Hollywood, CA

Sports Dentistry

Jimmy Teef, F.L.O.S., Ten-Year-Old Son of Our UPS Man Who Once Caught a Flying Molar at a Rangers Game

Sports Urology Roger Tinkle, P.P., Janitor, Men's Restrooms, Candlestick Park, South San Francisco, CA

Weight Control

Luis Obese, F.A.T., Bacon Wrangler, All-You-Can-Eat Breakfast Bar at Bob's Big Boy, Santa Fe, NM

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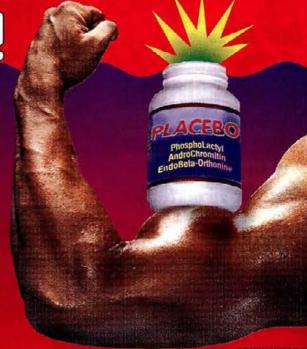
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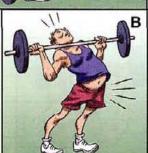


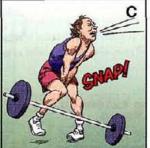
Get That Smorgasbord of a Body You've Always **Wanted With** Our Buffet Workout **By Jim Ratt**



here's nothing more eye-catching than a rack of huge shoulders, a slab of muscular glutes or a set of ripped abs. They prove that you've got the strength, determination and stick-to-it-iveness to make your body the best it can be. They also prove that you've got no social life and a trust fund or rich parents or something because the only

way you'll get a body like that is to quit your job and spend 16 hours in a gym every day. The exercises illustrated below include a variety of movements to work your armal, chestal and shoulderal muscles from all angles, and were developed exclusively to look slightly different from the otherwise identical routine we published last issue.





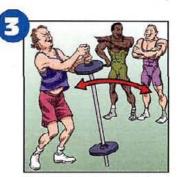
Decline Reverse Lateral Pec Pull

Grasp barbell firmly with both hands (A), lift it off the floor with much difficulty (B), and continue lifting despite any pain (C). Perform 17 repetitions or until you hear a snap in your groin rendering your testicles useless.



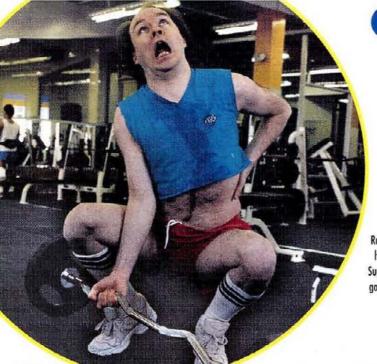
Side-Lateral Pec Cramp

With each hand firmly grasping a dumbbell, just stand there and lift them over your head, again and again. You needed a magazine to tell you this? Which one is the real dumbbell?



Wide-Grip Inclined Pec Burn

Holding the end of a barbell, proceed to pull it up towards your body while fending off smart-ass remarks from people who think you're using it incorrectly. Perform 6 repetitions.



4

Kneeling Shoulder Popover

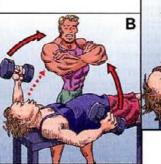
With a weight on your back and your feet on a bench, lower your chest to the ground in push-up form. If a standard weight is not available, you may use a cement block or a Stephen King novel. Perform 12 repetitions.

Escalated Pec Elevation Squat

Raise barbell to chin, then lower again, keeping head and neck straight and mind fixed on that Super-Sized Quarter-Pounder with Cheese you're going to ruin all your hard work with as soon as you're done here. Perform 10 repetitions.



A



Straddled Lower Pec Snaps

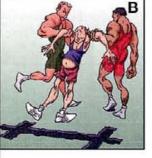
Lay down on weight bench and raise dumbbells over head (A). Pause. Perform 8 repetitions. See gym rat with body you'll never have wait patiently for the bench you're on (B). Perform another 10 reps really slowly just to irritate him (C).



Double Arm Dip with Sprinkles

Grasp dumbbells in hands and extend arms over head. Pause to realize these dumbbells are a lot heavier than they look. Debate whether or not to go to the rack and replace them with a lighter set and risk looking like a wuss in front of all the jocks. Ultimately exhaust yourself with 3 lousy reps with the heavy dumbbells. Yeah, like they were even looking at you, you paranoid freak.





Concentrated Arm Isolation Curl with Pulp

Lift barbell over head and across shoulders. Without injury to your own body, suddenly drop barbell and see how much damage you can do to the floor (A). Perform 15 repetitions or as many as you can before your gym membership is revoked (B).



Front Extended Leg Throe

Lie on your back. Decide on one set of crazy leg movements and do them over and over for 12 repetitions. If you just lie there flailing without any definite pattern, people may think you're having a seizure or something.



Bent-Over Ab Convulsion

With barbell squarely across back of shoulders, make constipated grunting sounds while keeping the bowels stationary. Perform 8 repetitions.



Contorted Ab Wince

Place one hand on hip, raise other hand over head in exaggerated "G'night Everybody" sign-off wave reminiscent of celebrity variety shows of the mid-1970s. Perform 12 repetitions.



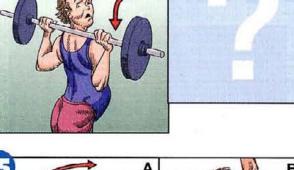
Squatting Ab Stand

Lie down with your back against the weight bench. Now grasp two dumbbells— Ew! Did you remember to wipe it off before you laid down? Oh, gross, now you've got some other guy's sweat all over your back (A). Head off to showers, scrub back vigorously (B). Perform 6 repetitions.



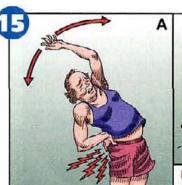
Racking Shoulder Heave

Pick up a barbell and hold it up against the back of your shoulders (A). There was more to this particular exercise but we lost the other illustration in this sequence, so you might want to improvise (B). Whatever you decide on, perform 12 repetitions.



Disinterested Shoulder Shrug

Grasping barbell firmly with both hands, lift it up to your chin. God, it's heavy! You're going to wake up screaming in pain fomorrow morning. Perform 10 repetitions anyway.



Hyper-Extended

Raise one arm over head while other hand rests on hip (A). Lean over to side until you hear vertebrae (knocked out of place from previous ill-performed exercises) snap back into place (B). Perform as many repetitions as necessary to stand upright again.



While holding one hand firmly on hip, raise other hand over head to distract flies from your wet, stinking hair, you sweaty bastard. Perform 8 repetitions, and be sure to have horsefly-bite



Fast-Forward Shoulder Grab

With one hand on your hip, raise your other arm over your head and lean to the side. Perform 10 reps or until you've hailed a cab, whichever comes first.





Over/Under Kneeling **Arm Tear**

Grasping the floor or ground with open palms, and grasping your sneakers with your toes, and grasping a bench with your sneakers, and grasping a weight with your back, proceed to slowly lower your chest so that it may grasp the ground. Pause, then reverse the procedure and push upwards, releasing your chestal grasp. Perform 8 repetitions.



Caluting Your Efforts Towards a **Better Mind and Body**

Keeping Our Finger on the Irregular and Unhealthy Pulse of America's Fitness-Obsessed Man, While Ignoring the Fact That the Following Article Has Nothing to Do With Any Meaningful Developments in the Field of Health. By Mike Owdashaip, C.S.F.P.T.S.C.

t Bulging Man, we're proud to bring you articles each month L that promote a robust, healthy life: a healthy life for you by introducing new variations to your workout routine, and, by shamelessly re-packaging the exact same workout that we've run for the last 18 issues, a robust, healthy life for us.

But let's face it: if our workout advice were actually effective, why do we fill our magazine with page after page of ads for shady workout drugs and "Get-Huge-Fast-Without-Exercise" devices?

If each issue's requisite "healthy sex" article actually applied to you and could improve your love life, why do we always run an ad on the opposite page for a series of videos that promises to do the same thing?

If our monthly nutrition columns which tell you how to cut down on fat and lose weight had any basis in reality,

why are most of our advertisers hawking fat-burning pills and liposuction?

Why? Why do all our articles, features and columns say one thing and all of the advertising we run contradict them? The answer is that a true fitness buff like you doesn't care enough to ask the question. In fact, a true fitness buff like you isn't even a true fitness buff. You're just some poor schmuck who picked this magazine up at the newsstand because this time - and, damn, you mean it! - you're going to get in shape for real (unlike the last two dozen times over the last five years). Once -again, you've realized that there are a million other guys who are better looking than you and who get more girls than you, and you're cling-

ing to the hope that a badlyresearched fitness magazine can give

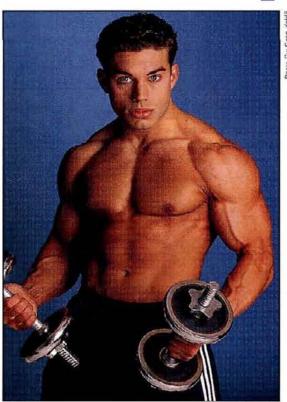
"Remember: It's the

quality of the bulge that counts"

you the direction you need to turn you from a geek into a Greek god. And if not, hell, there's all those 900 numbers

in the back that you can call after you've realized it's still not happening for you and you just want to get off.

But we salute you, fitness buff. It's your confused yet vain, never-saydie-until-the-tiniest-setback attitude



Large homoeratic photos like this one serve to frighten and/or distract you from noticing what a load of crap these articles are while taking up about a quarter of the page and providing valuable filler.

that allows us to get away with so much. How else could a magazine seemingly obsessed with staying healthy sell full-page ads to cigar-ofthe-month clubs? So while you're flipping through page after page of advertisements for some product or service to help you in your battle against hair loss, we take our hat off to you, and encourage you to go out, spend twenty minutes on a half-assed workout at the gym, come home sore and defeated, and try it again next month. We'll be here!

SNAKE OIL PHARMACEUTICALS **ELIXIRS**

STEROIDS

are illegal, so instead we sell these vaguely-labeled pills and potions which are just as dangerous, yet somehow are able to just squeak by under current FDA regulations!

WARNING! Don't be fooled by other

companies claiming to have the same or better products! We're all selling the same crap, so why not just be fooled by us?

IPECAC TABLETS

100% Natural Purgative and Emetic

The secret of poison control centers can now be yours! Strip away body fat from the inside after eating anything you like by getting rid of food before you digest it, thus actually preventing the body's production of fat! Just pop a vomit-inducing capsule or three down your throat

following a seven-course meal, a half-gallon of ice cream, an entire pizza, pea soup anything - and tell your

friends to stand back! Immediate results! \$26.95

BRONCHODILATORS

Developed so fat kids with asthma could participate in gym class without hyperventilating, bronchodilators sold in convenient-to-abuse pill-form - are now available to people like you who have no business using them, to "enhance" your workout. Pop 'em by the handful!

Ohlamalaaahmamlaahullla Estuart

45-day cycle	
Jamesatphiphtine 250 caps	\$14.95
Cineplexodeon 180 caps	\$21.00
Antoniobanderas Compou 3-month cycle	
Mynamelsluca Complex	

TRY CREOSOTE!

350 pillsCALL

Why waste money on "99% Pure Creatine" when you can get our almost identical-sounding products in 100% pure strengths?!

Perfect for the bodybuilder with a walnut-sized brain who wants small, shrunken, hardened walnut-like testicles to match! Creosote is the choice of burly deck-builders, longshoremen and telephone linemen everywhere! Obtained from wood tar, this heavy, oily, yellowish liquid makes an excellent preservative as well as antiseptic, despite the fact that it was proven to be carcinogenic over two decades ago. And that pungent odor means it's really working!

\$16/gallon

L.M.M. BRAND KURDSIN WHEY

Highest grade protein, builds hard, round tuffets fast!

\$24.50

Note: Has been known to cause severe arachnophobia in a small percentage of women athletes.

> Wholesale Prices to the Stupid Public!

ABSOLUTELY NO HARMFUL SIDE EFFECTS

if not taken.

HAIRY BACK?

Are you tired of spending hundred of dollars per year for shampoo and conditioner for your back alone?

Then Call Us! 1-800-FUZZ-GO

Replace all that filthy, matted, repulsive body hair with raw, red sensitive skin by applying our industrial strength Hair Remover for Men.

\$12.95/8oz.

HYDROXOREO COMPOUND



For extra energy and quick weight gain. Unlock each 250 gram multi-tab for a rich, creamy middle. High in nabiscoids and proteins created from direct sunshine. Best results if ingested with a cold frosty glass of lactose-rich boyinal fluid.

\$14.50/100 count box

Our Customers Ask Us "How Can You Sell This Stuff?"

Simple! We keep the mg dosage of illegal substances to just below FDA restrictions. Then it's merely up to you to abuse these products and take more than the recommended amount to bring the potencies up to frighteningly dangerous levels! It's that easy!

HAIRPIECIA

.

Finally! A Solution to Thinning Hair! HAIRPIECIA is a medical breakthrough!

In an Independent study, 83% of men using HAIRPIECIA maintained their hair by sweeping it into a paper bag off of the bathroom sink and scooping it out of the drain in the shower.

While HAIRPIECIA is primarily for men, old Italian grandmothers going for a traditional mustachioed look have enjoyed its success as well.

Call 1-800-GO-HAIR today to receive detailed product information, including professionally touched-up "before and after" photographs, which will hopefully convince you that HAIRPIECIA will work for you.

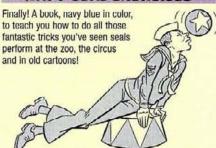
Warning: Women who are or may potentially be pregnant must not use HAIRPIECIA and should not handle crushed or broken tablets because of the risk of giving birth to live hairballs.

PERUVIAN GUANO RUSH"

A gentle, tonic-like energy boost harvested from protein deposits found along the floors of caves in the Andes. The supplement most used by lost and starving spelunkers worldwide! Ideal for the bodybuilder who doesn't know or care what "guano" means! 60 tablets.

\$18.95

NAVY SEAL EXERCISES



- Achieve the condition of a sleek, aquatic seal!
- Full size! 100 sixth-generation xeroxed pages and photos!
- This is the best training method based on the bone structure, musculature and metabolism of marine carnivorous pinnipeds - period!

Exercises include.

- · Balancing a large colorful ball on your nose!
- Honking a rack of bulbed horns in succession!
- Congratulating yourself by clapping your flippers and barking!

New expanded edition features section on nutrition information and our patented high-protein "Bucket of Raw Fish"™ diet!

> Stop being mistaken for an endangered sea cow. Order today!

SEAL EXERCISES 1-800-GO-SEAL

INSTANT ENERGY!

Product	Amount/Dosage Code Price
Pink Hearts	s100 CT/200 mgLCH \$6.00
Yellow Mod	ons100 CT/200 mgLCM \$7.00
Green Clov	ers100 CT/200 mgLCC \$7.00
Orange Sta	rs100 CT/200 mgLCS \$6.00
Blue Diamo	ands100 CT/200 mgLCD \$6.75

Save! Buy all five and receive a 4-week supply of frosted oat cereal!

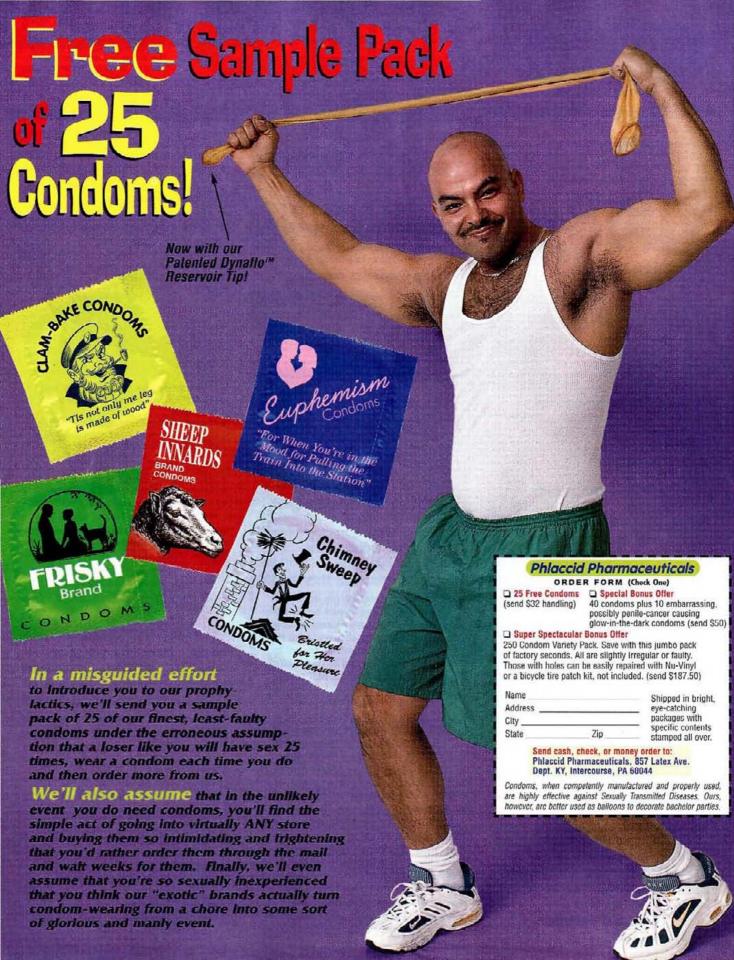
........ ORDER NOW!

Include detailed order on separate sheet, plus check or money order, plus signed statement absolving us from all blame and responsibility due to the misuse and/or simple ingestion of our products, and send to:



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RILCING MAN 🕝





ORDER IN THE COURTSHIP DEPT.

If two's company and three's a crowd, then four's a big fat stinkin' mess — at least when it comes to dating! Official records indicate that not once in the annals of courtship has a double date ever gone well. Why, you ask? Well,

we can't prove it, but we think it

has something to do with these...



RULE #4

One guy's manners must always be way better than the other guy's.

RULE #21

n anticipation of dividing the check 50/50, each couple must order only the most expensive items on the menu.







RULE #36-B

While standing in front of the multiplex, all four daters should debate which movie to see long enough to ensure that they end up in four single seats scattered around the sold-out theater.

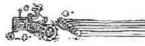
RULE #44

Whenever any sex scene occurs during the movie, all four parties must stiffen their legs, grip the armrests, put on robotic-like blank expressions or adopt any other necessary ruses lo camouflage their sexual arousal.



RULE #57

At least one, and possibly four, of the daters must wish they were with someone else in the group.





RULE #63-C

Neither couple may concentrate completely on making out, because they're constantly checking to see how far along the other couple has gotten.

RULE #69

considered poor form for the two guys' private "who gets his date's bra off first" bet to be settled the instant there is a winner.





RULE #74

Even though in all human history, only one double date ever ended up in a four-way orgy (in Malmo, Sweden on January 27, 1974), the false possibility must never. ever leave the minds of the daters.

RULE #81

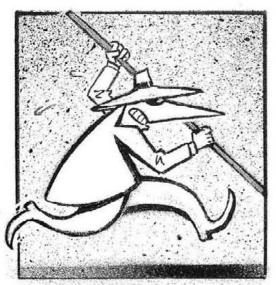
t is imperative the other three daters agree on their alibi before depositing an incoherent fourth dater with unexplained bruises and brand new tattoos face down in her parents' driveway.

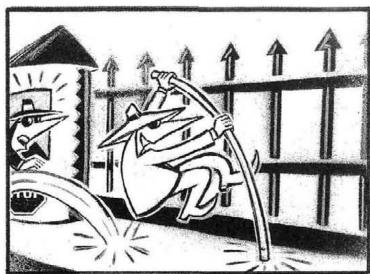


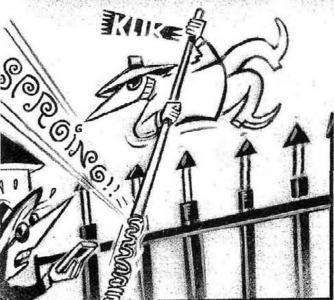


















As if the dating scene weren't hard enough, the hot new trend for people looking for a little action is singles cruises. Great. Now you can get turned down and feel depressed while simultaneously feeling deathly seasick! But just what is the deal with these cruises? Are they all Kathie Lee promises in her commercials as she dances around the ship's deck? Judge for yourself as we present the...

U.S.S. DESPERATION SINGLES CRUISE



7:00-7:15 7:16	Continental Breakfast
8:15	Meet and Greet Fellow Singles Assembly Room
8:30	Vomiting Up The Rest Of Your Continental Breakfast After Seeing Fellow Singles Assembly Room Entrance
9:00	Steam Bath Opens Laundry Room (Near the Pants Pressing Machine)
9:12	Seagulls by Throwing Ship's Carbage Overboard
9:45	Volleyball
10:00	A Davids For
10:15	

MORNING

	10:25	Gymnastics with Highly Trained Physical Fitness Instructor and/or Hunky Looking Cabin Boy Who Can
	10:30	Fake Knowing More Than You Do
		Who Haven't Exercised in Years Garbage Chute
1	11:30	Meet and Greet All the Singles You've Met and Greeted Before
	11:35	Projectile Vomiting
		AFTERNOON
1	12:00	Table Scraps and Leftovers from the Continental Breakfast Served up as a Continental Brunch
- 1		

	up as a Continental Brunch		
2:16	Instruction on How to Tip the Staff		
	Properly to Avoid Having Your		
	Luggage Float Out to Sea		
2.20	D1-11 0 . m		

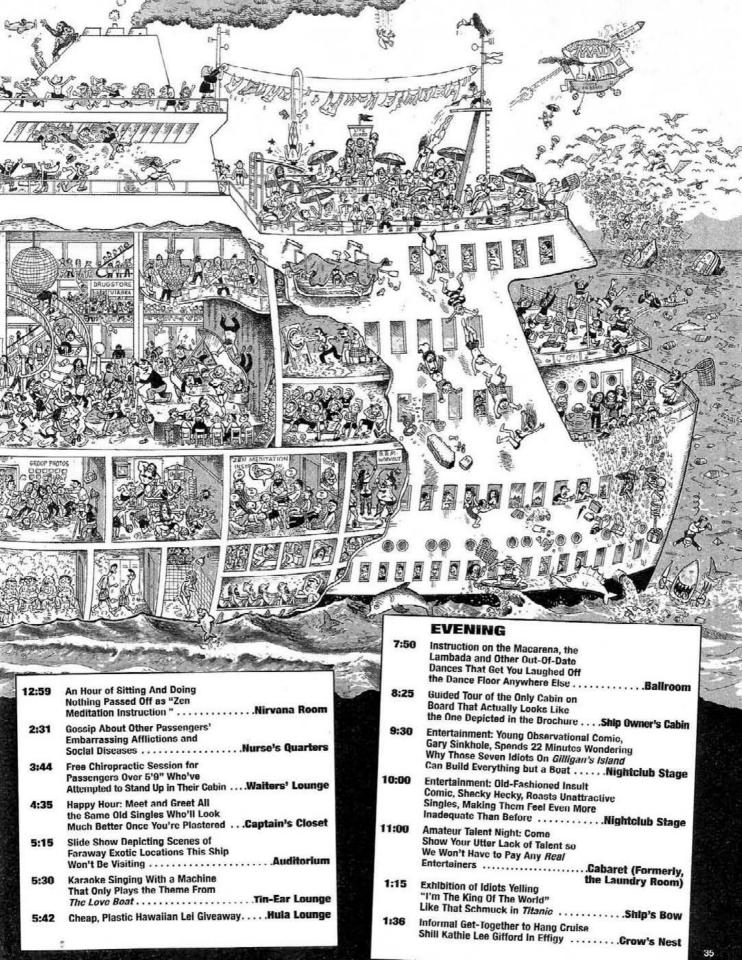
12:30 Poolside Get Together: Meet and Greet All
The Singles You Previously Found Repulsive
— Now with Their Clothes Off! Swimming Pool

Auditorium

Them to You for \$20 per Person

Staff Photographer So We Can Sell

Everywhere

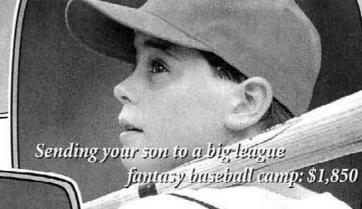




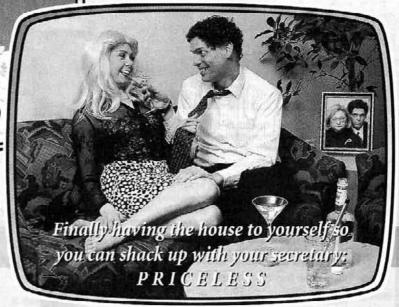
A TV Commercial We'd Like To See

Airfare for your wife to visit
her mother in California: \$600

— Part One



Picking up the tab for your daughter to ski Aspen: \$3,100



There are some things money can't buy.

For everything else there's MasterFraud. MasterFraud













A TV Commercial We'd Like To See



There are some things money can't buy. For everything else there's MasterFraud. Masterliaud





FAKETRIX

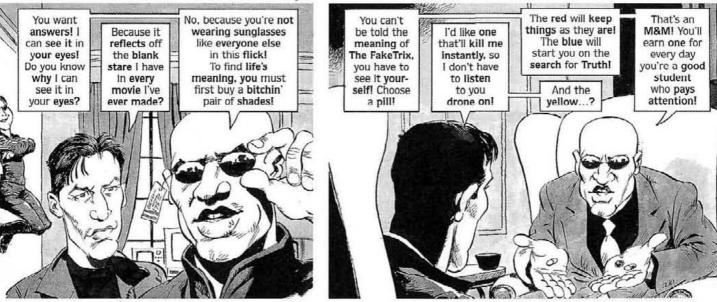


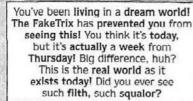




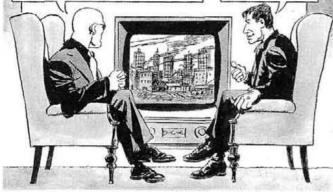


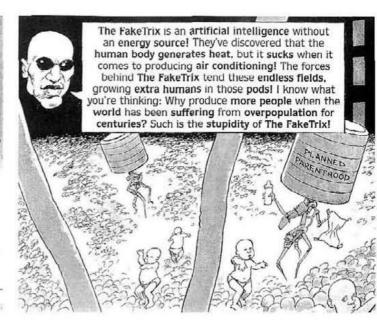






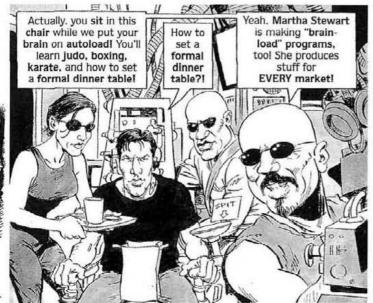
Yeah, I live here!
This is New York
City! That's my
apartment across
the street!
I wonder if
I got any
mail today!













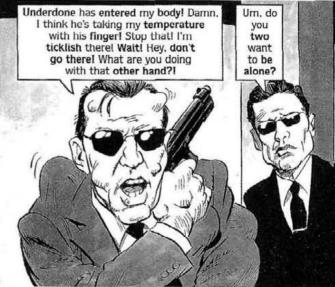


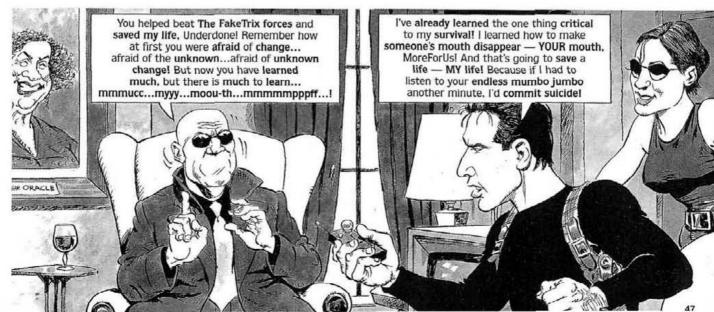


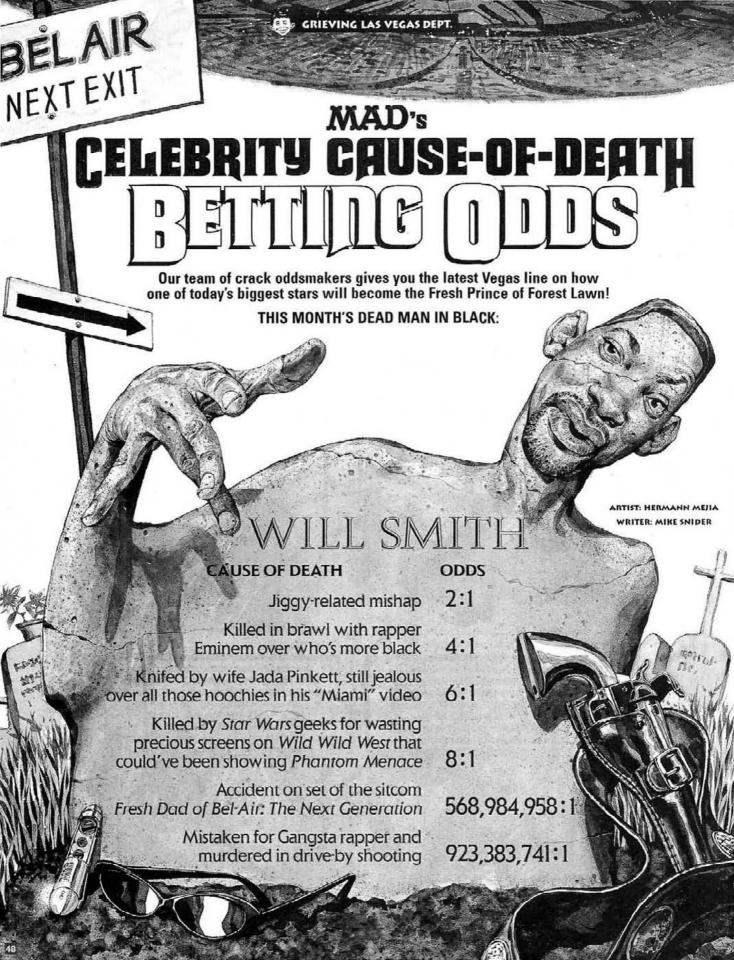












WHAT DIRE
TUATION IS LAW
ENFORCEMENT
FAILING TO
CONTROL?

HERE WE GO WITH ANOTHER MIDICULOUS

MAD FOLD-IN

Between murders, assaults, drugs, prostitution and robbery, fighting street crime has always been difficult for policemen all around the country. However, there is one type of crime that is proving to be tougher to stop than any other. To find out what this particular crime is, fold page in as shown.



A

FOLD PAGE OVER LEFT

FOLD BACK SO THAT "A" MEETS "B"



POLITICIANS ARE ALWAYS SAYING THAT CRIME AND VICE ARE DOWN. BUT CITIZENS WHO'VE BORNE THE BRUNT OF VIOLENCE SEE A FUTURE OF INJURY AND FATALITY





http://www.whatmilk?.com

REBECCA WHOMARRIEDTHATGUYFROMFULLHOUSE @ NATIONAL FLUIDS PROMOTION BOARD THAT GOT MILKED

A MAD